



TOPEKA JR. ROADRUNNERS

THE BEGINNING OF A NEW SEASON

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"Some people skate to the puck. I skate to where the puck is going to be."

- Wayne Gretzky

Info night is over and our players are ready to lace 'em up and get out on the ice! The ice went in at the Expocentre on August 29th and practice schedules have been announced. There are also special clinics being offered for September—there's still time to sign up your player for clinics at the TYHA website.



Do you have friends who would like to try hockey but are hesitant to commit to a full season? Bring them out to the Expocentre on Sunday (9/16) where they will have an opportunity to try hockey for free. All they need is a helmet (bicycle helmets are fine), socks and a pair of gloves! Email Stephanie Morley at treasurer@topekayouthhockey.org to sign-up. Hurry—space is limited.



Sign up for the RSS feed on our website calendar to stay up-to-date with schedule changes or new TYHA activities. You will be instantly notified of any changes to the calendar via your current email address. Questions on this? Email Jennifer Fennell at publicity@topekayouthhockey.org.

www.topekayouthhockey.org



What do you need to do prior to the first day of practice?

Get all required gear or make sure last year's gear still fits and replace what your player has outgrown. Ill-fitting gear can lead to injury.

What's required?

Ice hockey approved helmet with full face shield or cage, protective cup/athletic supporter, mouth guard, elbow pads, hockey gloves, hockey pants, shoulder pads, shin guards, skates, skate blade guards (optional but highly recommended to prevent dull blades and/or damage to other equipment), hockey stick, neck guard (optional), practice jersey, hockey socks, and a bag to put everything in (optional). A set of Under Armor or long sleeve t-shirt and long pants are a good idea under the pads.

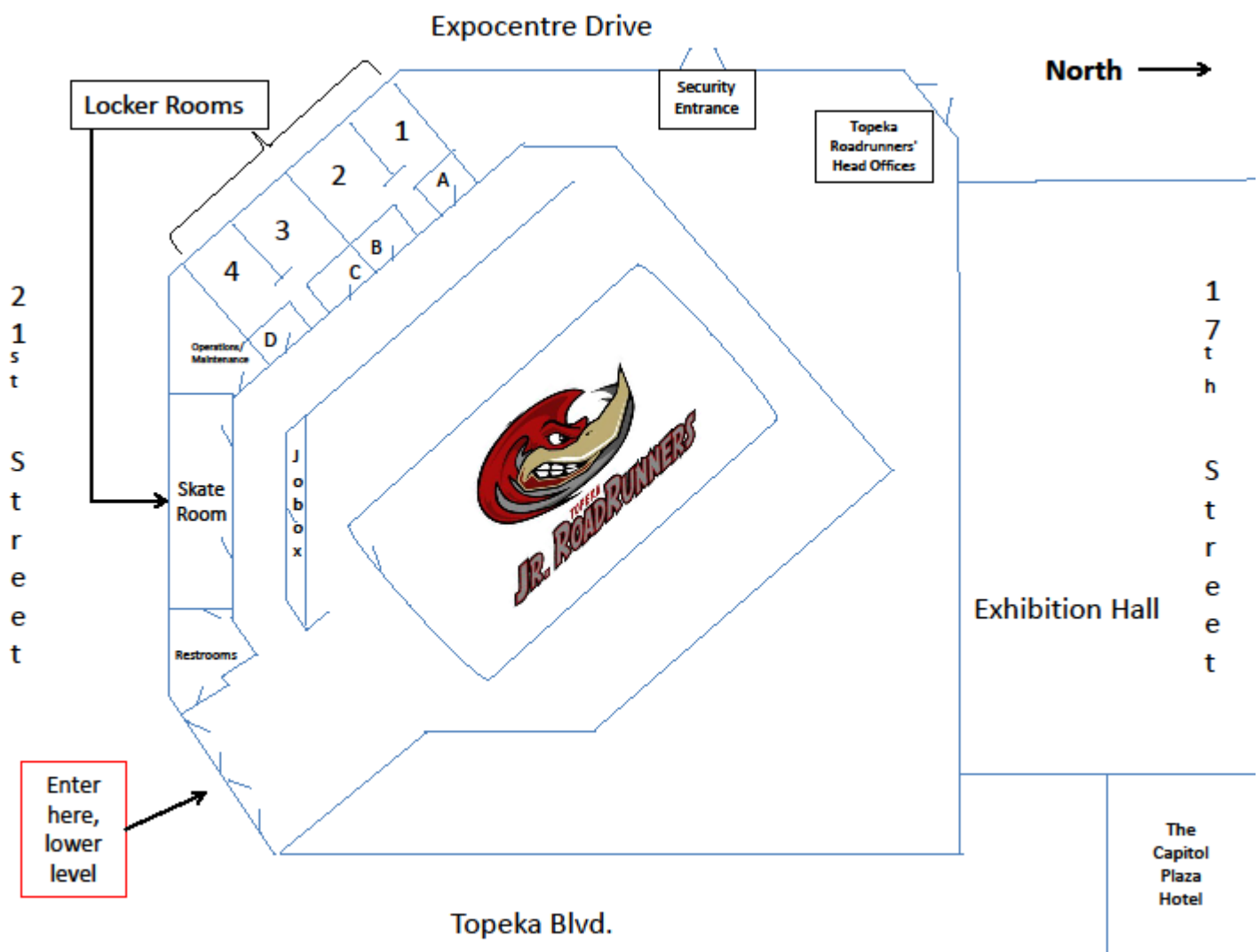
Put your name on your equipment as many kids will have the same gear and it helps to find the proper owner if something gets left behind.

Place your child's name on a piece of tape on the front of their helmet until the coaches learn everyone's name.

What to expect at the first practice

- Arrive at the Expocentre about 30 minutes before the practice is scheduled to start. The ice will be available at the stated time and the players should be fully dressed and ready to step on the ice.
- Enter the Expocentre through the SE lower entrance. Go down the hallway to the left and look for your Division's name on the locker room doors. Go on in to your locker room and begin getting ready.
- Open toe shoes are not recommended in the locker rooms. This goes for parents, helpers and siblings too!
- How do I put on the equipment?
There are plenty of ways to accomplish this task, but here is one method: If you have a younger child, the first step is to make sure they recently used the restroom. Start with your child in a T-shirt, underwear and calf-high socks. Put on the protective cup/Jill shorts which has some velcro tabs to hold up the hockey socks. Then put the shin guards on each lower leg. Place the hockey socks over the shin guards and attach to the velcro tabs on the athletic supporter. Put on the hockey pants. Then put on the shoulder pads followed by the elbow pads. Next put on the practice jersey. Then put the hockey skates on and tie securely. Finally, put on the helmet and gloves. If your child didn't use the restroom earlier, this is usually when they let you know.
- If you have any questions, don't hesitate to ask another parent or your child's coach. Every parent there is either experiencing their first day as a hockey parent or probably remembers their first day. It is normal for parents to help dress the younger players.
- Once your child is dressed and ready to go, have them stay in the locker room or wait in the hallway until their coaches tell them it's okay to enter the ice. It is polite to have the kids stand against the wall to allow other people to pass through the seating area.
- Concrete and skates do not make good friends. Make sure your skater only walks on the rubber mats, carpet or ice once he or she has laced up.
- Parents should not stand in the entry to the ice. Once your child is on the ice, you should move away from this area.

- Nervous tears are normal the first few times for the little ones. It's best to dump and run – the coaches are used to it and know how to handle these little guys. It doesn't take long for the tears to be replaced by smiles and cheers, we promise!
- Now you can find a seat and enjoy watching your child's first practice
- There will be a lot of falling during the first few practices. Don't worry – it really does get better
- Introduce yourself to the other parents. Chances are you will be good friends by the end of the season.
- When practice concludes, meet your child either at the gate or in the locker room
- On the way home, be prepared for your child to tell you about the goal they scored, the puck they stopped or how much fun they had. You might also hear that they had a rough practice. Sometimes they want to talk about something completely different than hockey. Now is not the time to remind them of the mistakes they made during practice. Coach will help develop their skill sets and will correct any issues you see on the ice. Sometimes just listening is all they want you to do. **Always be encouraging – hockey is hard!**
- The ride home is also the time your child will tell you they are thirsty and/or starving. It's a great idea to bring along a water bottle or some juice and a snack for the ride home.
- When you get home, take the equipment out of the bag and allow to air dry. If you don't, it will probably get stinky.



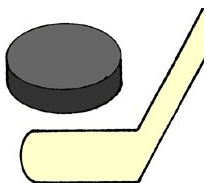
{ CONCUSSION INFO }

Hockey is a physical game, but unlike the stereotypical images where there are more fists flying than pucks, youth hockey is NOT a violent sport. Players are covered from head to toe in protective gear and good sportsmanship is promoted and encouraged at all times. Many families involved in youth hockey report that their player is more likely to get hurt on the baseball field or basketball court where protective gear is not part of the uniform. Even in the safest sport though, there is always the risk of injury.

TYHA wants the same thing you do – strong, fast, competitive and most importantly SAFE youth hockey. Concussion awareness at all levels of the club is an important part of keeping our players injury-free. TYHA strongly encourages each player, guardian and coach to educate themselves on:

- 1) Preventing concussions
- 2) Identifying concussions
- 3) Responding to concussions

We take the safety and well-being of our players very seriously and know you do too. Please visit our website to find detailed information on concussion prevention and awareness.



Did you know?

The “five-hole” refers to the space left between a goalie’s leg pads. When a player is poised properly in a net, he has five main openings: one over each shoulder, one on either side and one through the legs.

MEET THE COACH

Each month, we will feature one of our many talented TYHA coaches.

This month's coach is Al Prengel, ACE Coordinator, hockey parent and player. Al has volunteered with TYHA since 2008. You will see him on the ice in every Division at some point during the season!

How old were you when you started playing hockey?

I never played organized hockey but I started skating at our local rink and ponds when I was 4 or 5

Who is your favorite NHL team?

The St. Louis Blues

Who is your hockey hero and why?

Mark McFarlane. Mark is a dear friend and was the first person to teach me about the game of hockey.

What is your favorite thing about coaching youth hockey?

I'm pretty fortunate that I have been able to see almost every kid in our organization get on the ice for their first time.

My favorite thing about that is seeing the kids grow in their skills and their love of the game of hockey.

What's your most memorable hockey experience?

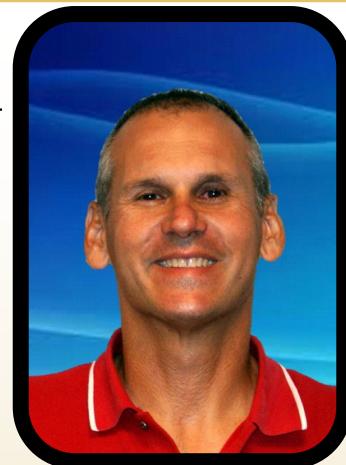
Being out on the ice with my son at his first hockey practice when he was 4.

If you could give young hockey players only one piece of advice, what would it be?

Cherish every moment you get to be out on the ice!

Anything else you would like to share?

I would like to take time to thank a few people that I personally know and knew that were influential in keeping Topeka Youth Hockey going, and they also have a tremendous passion for the game of hockey. Karl Snyder, Mike Eichten and Todd Genenbacher. Mike Tyler and Miles Huffman, rip.



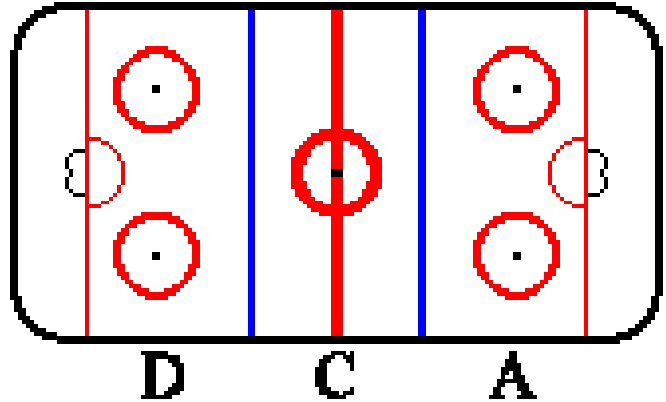
Interested in helping out on the ice?

Contact Al Prengel at aprengel@usd345.com to learn what you need to do to participate in your child's hockey practice.

ACE Coordinator: Manages coaching staff certifications and ensures implementation of USA Hockey Association Coaching Education program

HOCKEY 101: THE BASICS

In hockey, there are a couple of rules (icing and offsides) which confuse people. Pretend that your goalie is on the left side of this diagram. The area marked "D" (to the left of the left-most blue line) is your defensive zone. Between the two blue lines (C) is center ice. And, to the right of the right blue line (A) is your attacking zone.



For one thing, very long offensive passes are illegal. Why is this? Well, if you could pass all the way up ice, you might keep one player just standing in front of the opposing goalie, waiting for a pass. The other team would have to send a player down there, to guard him. And they might need a fourth official, to watch them, so they wouldn't hurt each other. It is a more interesting game, if they prevent this. And, it is prevented with the offsides rule.

Offsides: This rule says that you can't enter your own attacking zone ahead of the puck. If your skate is over the blue line, when the puck enters that zone, you are offside, and the linesman blows his whistle. And the puck is faced off, just outside that blue line. If there is no offsides, the linesman spreads his arms wide, horizontally, to signal this.

If you are caught offside, when the opposing team passes the puck into your offensive zone, it is delayed offsides (the linesman raises his hand). If you can get back out of your offensive zone, without playing the puck, the offsides is "waved off."

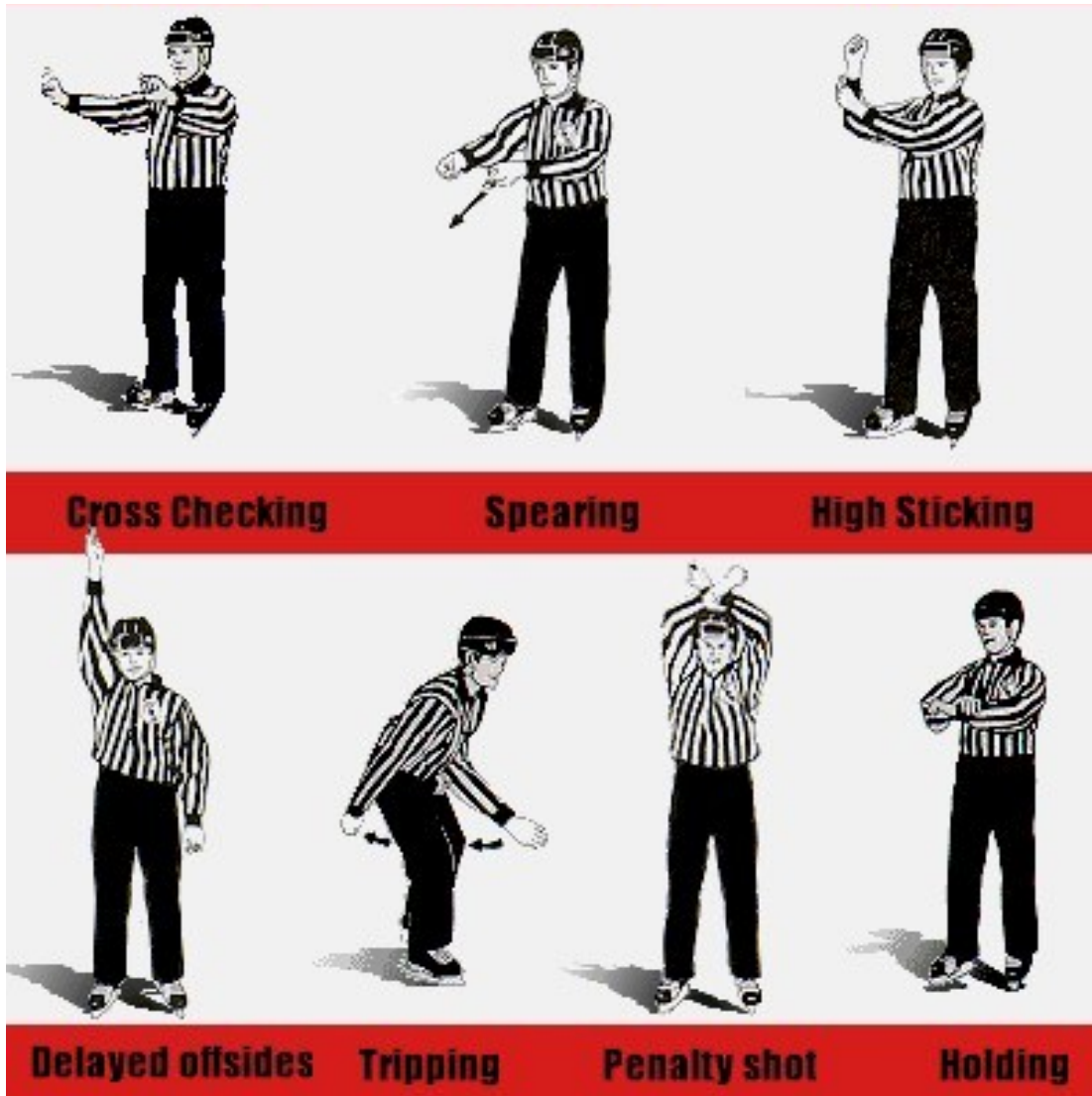
Icing: Icing is when you shoot the puck the length of the ice (from behind the center red line), just so the other team has to go get it, wasting time. A team would want to do this when Gretzky is on the ice, or when ahead in the score, or when their own goalie is having a dizzy spell. Well, normally, icing is illegal, unless your team (or the opposing goalie) gets to the puck first. When the opposing player touches the puck, after it has crossed his goal line, the whistle blows and the puck is faced off in your own defensive zone. You can legally ice the puck when you are short-handed because of a penalty. There is no icing, if an opponent could have gotten to the puck before it crossed his goal line.

Two line pass: There is another illegal long pass, the "two line pass." You cannot pass from behind your defensive blue line to a player on the other side of the center red line. This faceoff goes back in your defensive zone.

HOCKEY 101: THE BASICS



HOCKEY 101: THE BASICS



Taking a few minutes to reflect on hockey rules during a Squirts Select game in February 2012 are L-R:

Willie Posten #99
Jack Murphy #87
Ike Prengel #7
Alex Woods # 20

TOPEKA YOUTH HOCKEY ASSOCIATION



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The Topeka Youth Hockey Association (TYHA) was formed in September 2008 to help organize and promote youth hockey in Topeka, Kansas and the surrounding areas.

TYHA operates and manages the Topeka Jr. RoadRunner Youth Hockey Program, as well as offering Learn to Play Hockey classes and other clinics for youth hockey players.

TYHA is affiliated with USA Hockey, the Kansas City Amateur Hockey Associa-

For the most up-to-date information regarding practices, game times or contact info please visit our website:

www.topekayouthhockey.org

NEED TO MAKE ROOM IN YOUR BASEMENT?

If you have gear your future Hall-of-Famer has outgrown, please list it on our website. By selling or giving away any hockey related equipment you may have just laying around you could give another TYHA player an opportunity to get out on the ice! Please send your info to publicity@topekayouthhockey.org to have your equipment listed.

How often should you have your skates sharpened?

Every 5-7 hours of ice time, unless damage occurs and then sooner.

**Local skate sharpening is available at the Expocentre or you can contact local skate guru
Dean Woosley at 608-1859.**

